

EXCLUSIVE! DR. OZ'S STRESS-BUSTING FOODS

# SHAPE

SHAPE YOUR LIFE

WIN! \$25,000 IN GIFTS

## KELLY OSBOURNE

How she lost 50 pounds! (and keeps it off)

## WALK OFF WEIGHT IN WINTER

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## HOW HAPPY PEOPLE GET THAT WAY

## LOOK YOUR SEXIEST IN THE BEDROOM & OUT

## THE BARE MINIMUM WORKOUT

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## EAT STUFFING, WEIGH LESS!

## CRAZY-GOOD RECIPES, CHOCOLATE DESSERTS & MORE!

December 2010  
Shape.com  
\$4.99 U.S.  
\$5.99 Canada  
Display until  
December 20, 2010



look great | BEAUTY GIFT GUIDE

**ALL LIT UP**  
The Voluspa Deluxe Rouge Assortment (\$50; candles *offmain.com*) includes eight mini candles that come neatly packaged in a vintage-patterned box.

**FLAWLESS STAT!**  
The Mrs. Mii merger Kit for Her (\$5; *mmandi.com*) has everything the girls need in a pin

**PICKER UP** Looking for the gift that keeps on giving? It's Sephora Favorites Give Me Some Lip (\$40; *sephora.com*), a collection of the season's hottest glosses.

**SOLE MATES** Give relief to tired feet: The Arbonne Pampermint Gift Set (\$34; *arbonne.com*) comes with a foot scrub, lotion, and super cozy socks.

**PORTABLE PERFUME** The Benefit Crescent Row Mini Holiday Set (\$36; *benefitcosmetics.com*) suits every mood with four purse-size fragrances.

**EYE DO** With this E.L.F. Cosmetics 100 Piece Eye Shadow Palette (\$10; *target.com*), your trendsetting friend can create thousands of eye-catching makeup looks.

**WIN IT!** Happy holidays to you! We're giving away five of every item you see here. Go to [shape.com/giftsforyou](http://shape.com/giftsforyou) for the chance to score your faves.

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